



Grilled Sirloin Skewers

with Zucchini, Mint, & Rice



20-30min



4 Servings

We've borrowed this recipe from "Martha Stewart's Grilling." If you don't have a grill or grill pan, preheat the broiler with top rack 6 inches from the heat source. Add zucchini to a rimmed baking sheet and broil until lightly charred and tender, 4-6 minutes. Heat 1 tablespoon oil in a medium skillet (preferably cast-iron) over medium-high. Add sirloin skewers and cook until browned, about 6 m...

What we send

- garlic
- sirloin steaks
- crushed red pepper flakes
- lime
- wooden skewers
- quick-cooking brown rice
- scallions
- zucchini
- fresh mint

What you need

- kosher salt & ground pepper
- olive oil

Tools

- fine-mesh sieve
- large saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

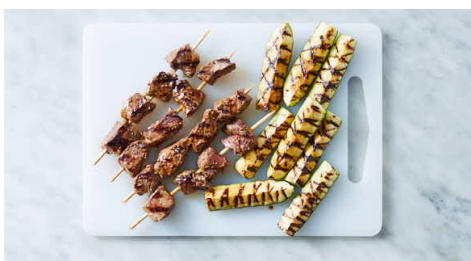
Nutrition per serving

Calories 610.0kcal, Fat 34.0g, Proteins 33.0g, Carbs 47.0g



1. Soak skewers & cook rice

Soak wooden skewers in a shallow bowl or baking dish. Bring a large saucepan of **salted water** to a boil. Add **rice** to boiling water. Cook (like pasta) uncovered, over high heat until tender, 22-25 minutes. Drain rice well and return to saucepan. Cover to keep warm.



4. Grill steaks & zucchini

Heat a grill or grill pan to high and **oil** the grates. Transfer **zucchini** to grill and cook until lightly browned on one side, 3-5 minutes. Flip zucchini, then transfer **steak skewers** to grill. Reduce heat to medium and cook until steak is deeply browned and zucchini is tender, turning occasionally, 6-8 minutes.



2. Prep ingredients

Trim ends from **2/3 of the scallions**, then thinly slice. Halve **zucchini** crosswise and quarter each half lengthwise. Pick **mint leaves** from stems; finely chop 1 tablespoon leaves, keep remaining leaves whole. Peel and finely chop **1 teaspoon garlic**. Finely grate **1 teaspoon lime zest**, then separately squeeze **2 tablespoons juice**. Cut any remaining lime into wedges.



5. Finish rice

Stir **sliced scallions, chopped mint, lime zest**, and **1 tablespoon oil** into **rice**. Season with **a pinch each salt and pepper**.



3. Prep skewers & dressing

Pat **steaks** dry, then cut into 1-inch pieces. Evenly divide steak pieces, threading onto skewers. Lightly rub both steak and **zucchini** wedges with **oil**. Season all over with **1 1/2 teaspoons salt** and **a few grinds of pepper**. In a medium bowl, combine **lime juice** and **garlic**. Whisk in **1/4 cup oil**; season to taste with **salt** and **pepper**.



6. Finish & serve

Serve **rice, steak skewers**, and **zucchini** with **dressing** spooned over skewers. Garnish with **whole mint leaves** and **a pinch each of crushed red pepper and salt**. Serve with **any lime wedges** on the side. Enjoy!